A DESCRIPTIVE STUDY TO ASSESS THE STRESS, ANXIETY AND DEPRESSION AMONG 1ST YEAR NURSING STUDENTS OF SELECTED INSTITUTIONS, BENGALURU.

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ABSTRACT

Background*: Entering the world of nursing, present's students with a number of changes. While still in their teens, they are challenged to go from teenager to adult and layman to professional. The present study was aimed to assess descriptive study to assess the stress, anxiety and depression among 1st year nursing students of selected institutions Bengaluru.* ***Materials and Methods****: A descriptive study was employed to assess depression, anxiety and stress among 200 1st year nursing students. The samples were selected using non-probability convenient sampling technique based on inclusion and exclusion criteria. Demographic proforma and DASS 42 item self-report instrument were used to assess the stress, anxiety and depression.* ***Results. & Conclusion:*** *It was found that among 1st year B.Sc. Nursing about 21% of the students suffered from moderate to extreme depression; 66% had moderate levels anxiety and one third (33.5%) of them had moderate to severe stress.*

Key words: *Assess, depression, anxiety, stress, nursing students, nursing institutions.*

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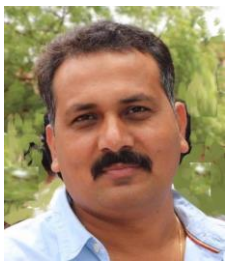

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INTRODUCTION

Nursing is a humanitarian service. It is a distinctive calling within the health profession that focuses on caring for the individual, their lineage and their communities. Updating records and reports, protecting the legitimate human rights and privacy of patients, continuing the collaborative relationship with other health professionals, working within ethical and legal boundaries, appropriately assigning duties, providing health education, focusing on evidence-based practice and contributing to professional development. ("Nursing as a Profession | Faculty of Nursing", 2018). Today's nurses work in an environment that is far more difficult than most people realize, and getting there is extremely challenging. Nothing can really prepare students for exams and lectures in nursing school.

Nursing schools include many practical exams in addition to the written exams. It's not just about memorizing facts; Students must develop critical thinking skills. Much of the nursing cirriculum takes place in a clinical setting. Although extremely challenging and physically demanding, practical training provides nursing students with a crucial opportunity to smear the theoretical knowledge they have learned in lectures. This includes the various mental, psychological and psychomotor skills required for patient care. (Benson, 2018)

Due to the tight competition in education, students may not be admitted to the interested degree programs or universities they dream of. Sometimes the profession is chosen by their supervisors or the obligation to attend the course leads to students' frustration (Mohammed, 2010). Many students may be away from home for the first time and have little guidance on how to adjust to the new place or course. Some find the transition from a rural to an urban way of life disruptive and anxious in their new surroundings. Studies conducted in India highlight the magnitude of adjustment problems in several areas: easy fatigue (81.30%), fear of exams (68.9%), lack of concentration on study (79.3%), not sharing problems with anyone (80.20%).), having too many personal problems (70%), worrying about finances (19.7%), being teased (82.17%), having trouble communicating (67.82%) and 7% having trouble making friends find etc.(Singh, 2014) .

For young adults, the college years are a very critical time when they feel the pressure to succeed and take on responsibilities in a competitive world (Sevak, 2016). These dangerous ages of tuning are undermined by unhappiness, worry, substance misuse and eating disorders, sometimes leading to suicide (Sailesh, 2014). Lack of sleep, poor eating habits, and lack of exercise are a recipe for depression among college students. Many factors of college life contribute to danger causes for depression. Many students are not prepared for university life. Today's students face enormous debt. Depressed students are at higher jeopardy of emerging problems such as substance abuse. Depressed college students are additional probable to drink to excess, smoke marijuana, and engage in hazardous erotic actions to handle with emotional pain than their non-depressed peers. Students themselves are often unenthusiastic to seek help as depression is socially stigmatized. A mental health assessment, which includes a student's evolving and household history, academic achievement, and any self-injurious behavior, should be conducted to assess at-risk students beforehand a treatment plan is developed. (Kerr, 2017). The present study therefore was conducted to assess the stress, anxiety and depression among 1st year nursing students of selected institutions, Bengaluru.

OBJECTIVES OF THE STUDY:

1. To assess stress among 1st year nursing students of selected institutions.
2. To assess anxiety among 1st year nursing students of selected institutions.
3. To assess depression among 1st year nursing students of selected institutions.
4. To find the association between stresses among 1st year nursing students of selected institutions and their selected demographic variables.
5. To find the association between anxiety among 1st year nursing students of selected institutions and their selected demographic variables.
6. To find the association between depressions among 1st year nursing students of selected institutions and their selected demographic variables.

HYPOTHESIS:

All Hypotheses will be tested at 0.05 level of significance.

H_1: There will be significant association between stresses among 1st year nursing students of selected institutions and their selected demographic variables.

H_2: There will be significant association between anxiety among 1st year nursing students of selected institutions and their selected demographic variables.

H_3: There will be significant association between depressions among 1st year nursing students of selected institutions and their selected demographic variables.

METHODOLOGY

Research Approach: Quantitative research approach

Research Design: Non experimental descriptive design.

POPULATION

Target Population: Nursing students

Accessible Population: 1st year B.Sc. nursing students.

Sample: I year B.Sc. nursing who fulfill the inclusion criteria are sample for the study.

Sample Size: Sample for the study were 200 1st year B.Sc. nursing students.

Sample Technique: Non probability convenient sampling technique

DESCRIPTION OF THE TOOL

The tool was selected with the help of related literature from various text book, journals and guidance from experts in the field of nursing.

Part-I: Socio demographic variables

Part-II: A standardized DASS 42-item self-report instrument to assess the stress, anxiety and depression.

DATA COLLECTION:

The investigator conducted pilot study and found to be feasible and practical. Prior to data collection permission was obtained from the concerned authority of nursing institutions. Ethical clearance was obtained from ethical committee. After a brief introduction, the investigator explained the purpose of the study and obtained informed consent from the subjects. DASS 42-item self-report instrument was administered.

RESULTS

The results revealed the following findings

Table 1 Distribution of the pre interventional level of stress among 1st year nursing students of selected institutions in experimental and control group.

Category	Depression		Anxiety		Stress	
	Frequency (f)	Percentage (%)	Frequency (f)	Percentage (%)	Frequency (f)	Percentage (%)
Normal	104	104	74	74	91	91
Mild	54	54	60	60	42	42
Moderate	28	28	66	66	46	46
Severe	11	11	0	0	21	21
Extremely Severe	3	3	0	0	0	0

Data in table 1 revealed that about 21% of the students suffered from moderate to extreme depression; 66% had moderate levels anxiety and one third (33.5%) of them had moderate to severe stress.

Table 2: Mean and standard deviation among 1st year nursing students.

Category	Mean	SD
Depression	9.615	1.36
Anxiety	8.475	1.05
Stress	14.865	2.014

Regarding association between depression scores and demographic variables reveals that there was association between education of the father ($\chi2$= 10.115; p<0.05) and occupation of the father ($\chi2$= 6.025; p<0.05) and order of sib-ship ($\chi2$= 6.815; p<0.05). Hence the null hypothesis (H_{01}) was rejected and research hypothesis was accepted. Whereas there was no association between other demographic variables.

Regarding association between anxiety scores and demographic variables reveals that there was association between Age ($\chi2$= 7.263; p<0.05), gender (p= 0.0064), education of the father ($\chi2$= 12.019; p<0.05) and Place of residence ($\chi2$= 3.872; p<0.05, Place of residence ($\chi2$= 5.656; p<0.05) and order of sib-ship ($\chi2$= 7.85; p<0.05). Hence the null hypothesis (H_{02}) was rejected and research hypothesis was accepted. Whereas there was no association between other demographic variables.

Regarding association between stress scores and demographic variables reveals that there was association between Age ($\chi2$= 4.019; p<0.05), gender (p=0.029), education of the father ($\chi2$= 11.764; p<0.05) and Place of residence ($\chi2$= 4.91; p<0.05. Hence the null hypothesis (H_{03}) was rejected and research hypothesis was accepted. Whereas there was no association between other demographic variables..

NURSING IMPLICATION OF THE STUDY

The DAS 42 scale is a simple yet efficient way to measure depression, anxiety and stress that is also very simple to learn and use.

NURSING EDUCATION

The results of the current study imply that early detection of stress, anxiety, and depression will help people cope more effectively with their lives.

NURSING PRACTICE

When depression, anxiety and stress strikes, it has a significant negative impact on social and emotional achievement. Primary preventive efforts focus on encouraging students to adopt healthy lifestyles in order to promote health.

NURSING ADMINISTRATION

The hospital administration should design programmes for nurses to receive continuous nursing education and should include such subjects to improve the nurses.

The nurse administrator must take the initiative to lecture in college, hospitals, and other community settings, providing health information to individuals and groups.

NURSING RESEARCH

The study will serve as a useful resource and a guide for next researchers.

RECOMMENDATIONS

The following recommendations have been made based on the study's findings:

- A longitudinal study can be undertaken to measure the level of anxiety among first-year B.Sc. nursing students using a large sample size, diverse settings, and different populations.
- A study can conducted with all the year nursing students and with other courses in nursing.

CONCLUSION

In our study, nursing students had a significant rate of depression, anxiety, and stress. These findings might contribute to a better understanding of the stress, anxiety, and depressive symptoms that affect nursing students. Additionally, the statistics assist nursing educators in comprehending the challenges faced by nursing students and helping them to advance the standard of clinical practice.

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